



## Discover your raleigh parks and recreation Department

### Millbrook Exchange Community Center

1905 Spring Forest Rd.

919-996-4156

### Preschool

**Little Sluggers** (3-5yrs) This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand & eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball! Fee: \$36

#141071 May 9-30 Th 6:30-7:15pm

**Little Shooters** (3-5yrs) A skills, drills and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience. Fee: \$36

#141074 May 6-Jun 3 M 6:30-7:15pm

**Playgroup Tot Time** (6mos-5yrs) The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

FREE  
#139483 May 6-20 M 10:30am-12:30pm

**Little Kickers** (3-5yrs) This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!! Fee: \$36

#141081 May 7-28 Tu 6:30-7:15pm

### Youth

**Sluggers** (6-9yrs) Crack! It's going, going.....gone! This class helps develop the skills of baseball including running, hitting, throwing, pitching and fielding. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Fee: \$40

#141072 May 9-30 Th 7:30-8:15pm

**Shooters** (6-9yrs) A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Fee: \$40

#141078 May 6-Jun 3 M 7:30-8:15pm

**Tacklers** (4-7yrs) Your tough tackler will be introduced to the basics of football fun, including safety, kicking, passing and positions. Helps develop listening skills, hand-eye coordination as well as good sportsmanship.

Fee: \$40  
#141083 May 10-31 F 6:30-7:15pm

**Kickers** (6-9yrs) G-O-O-O-A-L! This class will help develop the basic fundamentals of soccer including passing, dribbling, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Fee: \$40

#141079 May 7-28 Tu 7:30-8:15pm

### Adult

**Weight Room/Fitness Center** Check out the fitness room at Millbrook Community Center! Take advantage of the variety of cardiovascular and strength training equipment and get into shape. The fitness room will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

**Monthly Fee: \$15 OR Daily Fee: \$2**

**Spanish - I** (18yrs & up) This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues, and present tense of verbs are covered. Fee: \$50

#139881 May 2-Jun 6 Th 6:30-8:30pm

Please call Millbrook Exchange Community Center for additional information on programs, events, and rental opportunities at Millbrook Community Center, Eastgate Park, and Honeycutt Park! **(919)996-4156**

You may also go online to [raleighnc.gov](http://raleighnc.gov) and keyword search for information, maps, and more!

**Register online** by visiting: [reclink.raleighnc.gov](http://reclink.raleighnc.gov)

